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Your essential daily news | WEDNESDAY, JUNE 17, 2015

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Memorial for Const. Woodall

GUIDE

Many streets will be closed; here's how to get around

The regimental funeral for Const. Daniel Woodall is effectively closing much of downtown Edmonton to regular traffic today, including buses.

The city advises people not to drive if possible, or leave earlier or later than usual.

"It will certainly impact your morning commute, I would not deny that," said Brad Vanderhoek, general supervisor of traffic operations with the city.

Here's a quick guide for the day:

How to get to work:

1 By public transit:

- Buses are free if you're traveling to memorial services throughout downtown; ETS advises passengers to let

their driver know.

- The LRT is free and will run at peak service schedule to help move the increase in people using the service. Northlands has set up free parking.

2 By car:

It's possible but be wary of the road closures you'll face: Jasper Avenue is closed from 95 Street westward to 108 Street.

After 8:30 a.m., that includes cross traffic at intersections in the core; Grierson Hill is closed to all traffic between 101 Avenue and McDougall Hill, and is also closed to pedestrians.

How to participate:

There are four spots where the public can watch the funeral procession from 9:30 until 11:30 a.m., and the funeral afterward:

- Alberta Legislature grounds
- City Hall
- Centennial Plaza
- Outside the Shaw Conference Centre.

METRO

CIRQUE RETURNS



As some dancers practised, another shared her thoughts with Metro. "The audience can feel the meaning," said Kerren McKeeman, a trapeze artist with Cirque du soleil's Varekai production, which opens this Friday. KEVIN TUONG/FOR METRO

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Stoney Creek Village

GRANDE PRAIRIE
Prairie Mall
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Park Place

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Lloyd Mall

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Carry Drive Plaza
Medicine Hat Mall

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Cary Williams, a founding member of 100MenYEG. His micro-philanthropy group comprises 230 members who pool their money together and donate it to a charity. KEVIN TUONG/FOR METRO

\$100 at a time

PHILANTHROPY

Local charity groups make their mark by pooling cash

Michelle Falk
Metro | Edmonton

The latest micro-philanthropy group to sprout roots in Edmonton is 100MenYEG, and as one of its founders notes, it's part of something bigger in charitable giving that's happening in the city.

"Movement is really the best way I can describe it," said Cary Williams, a financial advisor and founding member of 100MenYEG, reflecting on the many different charities following a similar path.

The 100MenYEG group was inspired by a similar group, 100 Men Who Give a Damn, that

“It works really well for promoting stuff that falls under the radar.”

Lee Hodgins, a co-dean with the Awesome Foundation

started recently in Calgary.

Part of the appeal of the 100 Who Care movement is that it does not have any governing body. Each group is established independently by people who agree to meet together and donate \$100 each to a charity voted on by them. The money is pooled, charities make a pitch for it and then a winner gets the funds.

The group's first winner, iHuman, received \$15,000 in December to help it pay for damage after a break-in.

The group is part of a bigger trend in giving that's spreading in North America called micro-philanthropy, and as several emerging micro-philanthropy

groups in the city suggest, it's a popular movement to affect change.

The city now sees five groups that uses small donations from multiple committed members to make a difference — the Edmonton Awesome Foundation, Chicks with Cheques, 100 Women Who Care, 100 People Who Care and, of course, 100MenYEG.

"Part of what's so enticing and interesting about it is there is really no organization," said Williams. "It's really just a group of volunteers coming together to say, 'Hey, this is a really powerful way to raise money for local charities and reconnect with community.'"

The 100MenYEG group has 230 members.

The group is also bucking a larger trend in Canada that sees philanthropy on the decrease. According to Statistics Canada, in 2012 — the most recent year with data — 22.3 per cent of Canadian tax filers donated to charity, down from the recent peak of 25.1 per cent in 2005.

POLITICS

Iveson wants municipal campaign donation ban

Alberta's sweeping ban on corporate and union donations should be applied to municipal politicians as well, said Mayor Don Iveson Tuesday.

The NDP government introduced the proposed ban as its first order of business on Monday. The law would prohibit corporate and union donations at the provincial level, but it doesn't touch municipal politics.

Iveson said he wants to play by the same rules provincial parties will have to play by.

"This is a change that I am glad to see come to the province and I think should be applied to municipalities as well," he said.

He said right now, the number of developers and civic unions that donate to council campaigns could create an appearance of conflict and that

needs to stop.

"It's cleaner for everybody. We regulate these industries. We settle with our union. To have them out of the process makes sense," he said.

Coun. Andrew Knack said he plans to bring a motion to councillors soon to ask the province to include them in the new bill.

He said elections should be fair and limiting the influence

of money can help with that.

"The incumbent has an extreme advantage not only through name recognition, but through the budget they can raise," he said. "It shouldn't be about who can spend the most money."

In addition to leaving municipalities out of the equation, the bill doesn't establish spending caps for campaigns or re-

duce the amount people can donate, which currently stands at \$15,000 per year.

Justice Minister Kathleen Ganley said Albertans should know this isn't where the work will stop.

"I want to assure them that Bill 1 is the beginning of work to renew democracy in this province."

RYAN TUMILTY/METRO

IN BRIEF

Fake photog charged with sexual exploitation

William Swanson, 36, will appear in court on Wednesday for a variety of child exploitation charges.

Swanson is accused of posing as a professional photographer, taking nude photos of two underage aspiring models and then distributing them online. METRO



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RCMP DEATH

St. Albert shooting leads to review of bail process



Ryan Tumilty
Metro|Edmonton

The man who shot and killed a St. Albert Mountie had 29 outstanding warrants at the time of the shooting and had a criminal record.

Some of his past offences include breaching his bail conditions 10 times and failing to appear in court 13 times.

Those numbers come from a comprehensive review by the Alberta Crown Prosecutor's office of Shawn Rehn, who killed Mountie Const. Dave Wynn earlier this year.

The review recommends

a complete reassessment of Alberta's bail system.

Justice Minister Kathleen Ganley pledged to have an outsider come in to lead that review swiftly to address any issues.

"The expectation is that the review will be completed and I will receive recommendations by the end of this year," she said.

Ganley said the bail system is a basic part of the justice system and has to work.

"This is a crucial system. This is a system (that ensures) both the rights of those who face the state in terms of prosecution and ... the safety of our communities and our police officers," she said.

This is a crucial system. This is a system (that ensures) both the rights of those who face the state in terms of prosecution and the safety of our communities and our police officers.

Justice Minister Kathleen Ganley

Rehn's criminal history included multiple property offences and some violence.

According to the Crown's review, at the time of the shooting Rehn was wanted for failing to appear at a fraud trial and outstanding charges from Edmonton.

He was last in police custody in September 2014 when an Edmonton Police officer conducting a bail hearing consented to his release.

In many other provinces, bail hearings are left only to prosecutors.

The RCMP were unavailable for interviews on Tuesday, but did release a statement supporting the review.

"The RCMP in Alberta welcomes any initiative that contributes to enhanced public safety," said Deputy Commissioner Marianne Ryan, the force's commanding officer in Alberta.

"We look forward to working with the Government of Alberta in support of its review of existing policy and procedures related to bail hearings."



Police at the scene hold a blanket to conceal the identity of a dead woman found inside a shopping cart near Inglewood. METRO

Woman found dead inside cart

CRIME

Female victim discovered bound in Inglewood

Tim Querengesser
Metro|Edmonton

Edmonton police held a red blanket to block the view of nearby residents as investigators photographed and inspected a gruesome scene in Inglewood Tuesday morning.

Behind the blanket, near a parked recreational trailer, was a woman's body that had been left in a Safeway shopping cart and discovered by

onlookers.

Police arrived at the alley at about 1:15 a.m., and Edmonton Medical Services pronounced the woman dead at the scene, according to a release.

The scene, behind the Belvedere Apartments near 124 Street and 114 Avenue, had many residents in the building asking for answers Tuesday morning.

"No noise, no screaming, no nothing," said Nancy Landry, who lives in the Belvedere, as she returned from work.

Landry, who has an apartment that faces the alley where the woman's body was discovered, said she was awake at 4 a.m. Tuesday morning and is a light sleeper, but had not

been awoken before then. She said as she went to go to work, she discovered her building was surrounded with police tape.

Geoff Heavener, 60, said he's usually up later than one or two in the morning, but when police knocked on his door at 2 a.m., he said he had nothing to share, as he'd seen and heard absolutely nothing out of the ordinary.

Homicide detectives are still investigating and few details are being released before the deceased's next of kin are notified.

Suit-clad detectives were walking the nearby alleys Tuesday, slowly scanning for anything they could find.

An autopsy is scheduled for Thursday.



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Edmonton

PEDESTRIAN CROSSINGS

A just-released report from the city's office of traffic safety shows that while collisions between vehicles in Edmonton dropped in 2014, pedestrian hits are up. **TODAY'S QUESTION:**

Do you feel safe using crosswalks?

"I feel safe enough, and I cross Jasper twice a day. I feel like I'm a big enough guy, so I don't hurry across."

Jason Que,
downtown worker

"I don't always feel safe, especially crossing here (Jasper and 113 Street), where there's no lights above and four lanes of traffic."

Faustina Nuako,
Westmount resident

"I feel safe, and never feel like dashing across the street. Technically we have the right of way, but I'm not going to argue with a ton of metal."

Sean Elgood, Oliver
resident, downtown worker



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Premier Rachel Notley THE CANADIAN PRESS

QUESTION PERIOD

Notley says Alberta won't get a sales tax

Premier Rachel Notley, in her first question period as premier of Alberta, has promised that her NDP government will not bring in a sales tax.

Notley faced a number of financial questions in the first full day of debate in the legislature.

Under questioning from the Opposition Wildrose, she reiterated that her government won't bring in a full budget until the fall.

The plan is to pass an interim bill in the current sitting to keep money flowing until that budget is ready.

The former Progressive Conservative government introduced a budget for the 2015-16 year, but it did not pass before the election.

Notley wouldn't say how much money her proposed increase to corporate taxes and income taxes on the wealthy will bring in. THE CANADIAN PRESS



Pilar Martinez, the current deputy CEO of Edmonton Public Libraries, was named this week as the replacement to current CEO Linda Cook, who is retiring. RYAN TUMILTY/METRO

Next library CEO shares the answers

Q&A

Metro asks Pilar Martinez about plans for her new role



Ryan Tumilty
Metro | Edmonton

Metro sat down with the newly named CEO of Edmonton Public Libraries, Pilar Martinez, who takes over next month, about what she sees on the road ahead.

1 What is the library's biggest challenge?

The capital funding we know is going to be limited, so we have to figure out ways to serve people who live in communities that don't have brick-and-mortar branches. And we have already started with our literacy vans and we opened our first epl2go.

The other challenge is the \$10 million in funding we have to do for this project. There are a number of initiatives in the downtown area in particular, so that will be a challenge.

2 How do you think your tenure will be different from Linda Cook's?

Linda's departure will be bittersweet. I have worked with her really closely downtown since 2009. I think we have been very complementary in terms of how we work and I think we have the same values in terms of ensuring we're an organization that builds relationships and provides information that meets the needs of our community.

3 As we move to more digital materials, does the library as a building still have an important role?

We have experienced, in paperbacks and magazines and some other physical materials, a bit of an increase, so I think that decline is going to be really gradual, but that's not to say we have to avoid that reality. It is coming.

I do think there is a huge opportunity in terms of our space, so one of the things we want to do with Milner is expand our Makerspace from what now is digital to also include fabrication.

4 The Stanley Milner Library imposed a sleeping ban in May. How has that gone?

It has gone really well: we're seeing people we didn't used to see. When we did those seating sweeps, we found almost 500 people, over a two-week period, mostly men, sleeping. We need to ensure that a library is a place where everyone feels welcome.

While we are certainly compassionate to that need, it is not our role to provide that.

5 You're doing a massive renovation of the Stanley Milner Library and keeping it open at the same time. Do you think that will be a big challenge?

It will be disruptive, so I think we just have to be really clear to our staff and our customers that this isn't going to be easy.

From one day to the next, things can shift, and they may not be able to find things. I think it's really important that communication has to be really strong.

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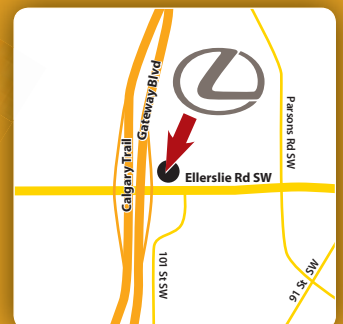


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Support for markets down: Vendor

FARMERS' MARKET

'I don't know what's happening': Stall owner

Michelle Falk

For Metro | Edmonton

As farmers' market season descends on Edmonton, some market vendors say that, despite appearances, some of the city's bazaars are struggling to find their feet.

Vendors reached by Metro pointed to the long time that's needed to change Edmonton's shopping habits as part of the struggles and others noted, with some envy, that Calgary's farmers' markets appear to be flourishing.

Over at Mother's Market on 109 Street and 103 Avenue, which opened last summer, vendors have been pulling stakes and the space is markedly sparse.

"Everybody got their hopes up for Mother's Market and everyone wants to give it its due chance to excel and suc-



The exterior of Mother's Market is pictured. Vendors numbers have gone down for this season. KEVIN TUONG/FOR METRO

ceed," said Owen Petersen, a former vendor at the market, who owns Prairie Mills Bread Company.

But Petersen said that despite his support for the market's concept, which sees it open three

days a week (most other markets in the city are open only one), he had to leave in December for financial reasons.

Petersen said the main issue behind those difficulties is changing basic shopping

habits in Edmonton.

"Markets are very relationship-based," he said. "You get to know your vendors, you get to know the people you're buying things from." As a result, establishing markets is a "slow

build thing."

Mary Ellen Grueneberg, owner of Leduc-based Green Eggs and Ham, said she feels somewhat let down by the city as the markets struggle.

While still at Mother's Mar-

66

Everybody got their hopes up for Mother's Market.

Owen Petersen

ket, the popular vendor said she's not breaking even there. And at her location at the nearby Downtown Market on 104 Street, she said, sales are down up to 70 per cent compared to two years ago.

"We're really disappointed that it didn't have the support of Edmontonians," she said of Mother's Market.

"Calgary has four multi-day, year-round markets and we can't seem to sustain one. There are a lot of things going on ... but we just don't have enough business."

Grueneberg said the majority of her company's business comes from its stalls at Calgary farmers' markets, where most of the product sold is to residents. On the flipside, she said, in Edmonton, a majority of her sales are to restaurants.

"I don't know what's happening in Edmonton," she said.

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IMPAIRED DRIVING

Tories introduce tougher DUI laws

Two years after they first made the commitment, the Conservatives are finally introducing a renewed crackdown on drunk drivers — but the new measures aren't about to become law any time soon.

As one of his final acts as justice minister, Peter MacKay on Tuesday introduced the Dangerous and Impaired Driving Act, a bill that reforms transportation-related offences including those relating to impaired driving.

"We are sending a strong signal to those who choose to drive impaired that this behaviour is not only unacceptable, but is also creating a serious risk to public safety and putting everyone on the road at risk," MacKay said.

The government says the many changes to the Criminal Code over the years to address the problem of impaired driving have also made the law more complex, making investigation, prosecution and sentencing more difficult.

So the new bill proposes to untangle that knot, laying out three impaired driving offences and four other transportation-related offences, including failing to stop after a collision and

THE BILL

Once passed, the bill would also increase maximum penalties for impaired driving and introduce new mandatory jail time instead of fines for some offences.

driving while prohibited.

The House of Commons is set to break for the summer within days and Parliament will soon be dissolved for the upcoming election, meaning the proposals are unlikely to become law until the next government is formed.

"We hope that the next government — if it's the same, great; whoever it is — will continue to endorse this because we are talking public safety and that's the bottom line," said Markita Kaulius, whose daughter was killed by a drunk driver in 2011.

Kaulius went on to start an advocacy organization that has been lobbying the government for four years for tougher penalties. THE CANADIAN PRESS

Trudeau vows he'll 'restore democracy'

ELECTION

Liberal leader wants to change the way Canadians vote

Justin Trudeau wants this fall's vote to be the last federal election conducted under the first-past-the-post electoral system.

And, if the Liberal leader becomes prime minister, it may also be the last election in which Canadians can choose not to vote, as well as the last in which the only way to vote is by marking an X on a paper ballot.

Changing the way Canadians vote is just one element of a sweeping, 32-point plan to "restore democracy in Canada" that Trudeau announced Monday.

Some of the measures have been previously announced, such as strengthening access-to-information laws; empowering backbench MPs by allowing more free votes and beefing up legislative



Liberal Party Leader Justin Trudeau in Ottawa on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

oversight by Commons committees; and ending partisanship in the scandal-plagued Senate.

Others are new or build upon previous commitments.

Perhaps the most ambitious promise, however, is Trudeau's vow to do away with first-past-the-post (FPTP) in time for the next election.

The current system badly distorts voters' choices, allowing a party to win the majority of seats in the House of Commons with less than 40 per cent of the vote, and delivering wildly different seat counts to parties that win similar shares.

Trudeau promised he'd introduce electoral reform legislation

within 18 months of forming government. The legislation would be based on the recommendations of a special, all-party parliamentary committee mandated to study alternatives to first-past-the-post, including ranked ballots and proportional representation. THE CANADIAN PRESS

BUDGET

Mulcair touts fiscal credentials

Opposition Leader Tom Mulcair touted the strong record New Democrats have had when it comes to balancing budgets in a major speech Tuesday that sought to position his party as a fiscally responsible government-in-waiting.

On a day that resembled an election campaign — the main parties were all on the hustings — Mulcair took his economic vision to Canada's financial heartland, taking gentle jabs at his main political rivals, Conservative Prime Minister Stephen Harper and Liberal

Leader Justin Trudeau.

"I don't believe budgets balance themselves, nor do I believe they become balanced just because you pass a law — zap, you're balanced," Mulcair told the Economic Club of Canada.

Mulcair talked about NDP icons such as Tommy Douglas, Roy Romanow and former Manitoba premier Gary Doer — provincial leaders who balanced budgets — even as he took a shot at ex-Liberal MP Bob Rae, who racked up a massive deficit in the recession

of the early 1990s as the New Democrat premier of Ontario.

"The federal department of finance's own reports show that NDP governments are the best at balancing the books when in office," Mulcair said. "There was one exception — but he turned out to be a Liberal."

Harper's job-creation and economic-stimulation plans, Mulcair said, simply aren't working, leaving current generations worse off than their parents for the first time in Canadian history. THE CANADIAN PRESS

VOICES-VOIX

Feds stifling dissent: Report

A coalition of 200 civil society organizations says it wants all political parties to explain to voters how they will ensure that criticism and dissent of the government is not punished by those in power.

That message accompanied the release Tuesday of a report by the coalition, known as Voices-Voix, that revived a complaint that has been voiced against the Conservatives in the past — that it is stifling dissent and suppressing democracy by punishing

civil society groups that publicly disagree with its policies.

The coalition is framing its report in the context of the coming federal election, and is calling on all parties to renounce what it calls unprecedented harassment by the government against its critics.

"We have borne witness to hundreds of cases in which individuals, organizations and institutions have been intimidated, defunded, shut down or vilified by the fed-

66

It's very, very important for Canadians that this not become the new normal.

Robert Fox, former head of Oxfam Canada

eral government," says the 66-page report. THE CANADIAN PRESS

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Former Vancouver Olympics CEO John Furlong is pictured at B.C. Supreme Court in Vancouver, Monday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Former CEO implied extortion: Journalist

COURT

Freelancer suing John Furlong for defamation

A journalist who is suing former Vancouver Olympic CEO John Furlong for defamation says she was devastated and shocked after he implied she tried to extort money from him.

Laura Robinson told a civil trial that she was deeply disturbed by remarks Furlong made after her article was published in the Georgia Straight newspaper about his past in Burns Lake, B.C.

"There was no inkling in all my questions that I was part of some extortion scheme. It's a federal offence. It was just shocking," she testified on Tuesday.

The story included allega-

tions by eight former students that Furlong had beaten and taunted them while working as a physical education teacher at a Roman Catholic elementary school in the late 1960s and early 1970s.

At a news conference in September 2012 after the story was published, Furlong said that he had been contacted prior to the 2010 Winter Olympic Games and was told that "for a payment it could be made to go away." He did not say who contacted him.

His lawyer John Hunter told reporters outside the courthouse Tuesday that his client "never" accused Robinson of extortion, but he declined to elaborate.

Hunter has said that Furlong's defence at trial will be qualified privilege, meaning he had a right to respond to Robinson's "attacks."

The lawyer has not yet had an opportunity to cross-examine Robinson. THE CANADIAN PRESS

CRIME

American arrested at Manitoba border crossing

Border officers in Manitoba have arrested a man from Minnesota after they found a portable drug production lab in a backpack.

The Canada Border Services Agency says the man's car was stopped at the border crossing in Sprague on June 4.

Officers found materials for a suspected methamphetamine lab in a backpack in the vehicle.

They also seized a plastic bottle containing 85 grams of what they suspect is meth.

Specialized RCMP officers and firefighters were called in to dismantle the lab.

Derek Olson of Wadena, Minn. is charged with production of methamphetamine, importing/exporting methamphetamine and possession for the purpose of trafficking. He remains in custody. THE CANADIAN PRESS

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The Donald seeks Republican nod to become The President

U.S. ELECTION

Real-estate mogul vows to bring American dream back

Donald Trump might never be president of the United States — at least not judging by the mockery from Democrats and mournful tweets from some Republicans following his campaign launch Tuesday.

But he just might have succeeded in carving out a place in American political history, with one of the more unusual announcement speeches of any candidate.

The bombastic billionaire arrived onstage by escalator, descending to the tune of Rocking In The Free World. His choice of theme music, a song about American decline sung by a Canadian liberal, Neil Young, was hardly the day's biggest surprise.

After toying for years with the idea of a presidential run, the real-estate mogul announced his plan to seek the Republican nomination.

He proceeded to speak without notes for nearly an hour, during which he:

• Insulted Mexicans:

Trump promised to build a wall along the border and force Mexico to pay for it. "They are not our friend, believe me. They are killing us economically. The U.S. has become a dumping ground for everybody else's problems. When Mexico sends its people, they are not sending their best... They are bringing crime, their rapists, and some I assume are good people."



Supporters of real-estate developer Donald Trump, below, line the lobby of Trump Tower in New York Tuesday before his announcement that he will seek the Republican nomination for U.S. president. RICHARD DREW/THE ASSOCIATED PRESS PHOTOS



I'll bring back our jobs from China, Japan, Mexico, so many other places. And I'll bring back our money.

Donald Trump

• Made bold promises:

"I will be the greatest jobs president that God ever created, I tell you that. I'll bring back our jobs from China, Japan, Mexico, so many other places. And I'll bring back our money."

• Drew sweeping conclusions from his Republican rivals' campaign launches, which he found lacking:

"They didn't know the air conditioner didn't work. They sweated like dogs. They didn't



know the room was too big... How are they gonna beat ISIS?"

• Plugged his golf courses:

He insulted President Barack Obama for playing so much

golf, then pivoted into a sales pitch: "I have the best courses in the world. So I'd say, if you want... I have one right next to the White House."

• Called many people stupid:

America's leaders for paying interest on debt; New York State officials who allowed prisoners to escape — all branded with the same dreaded epithet: "How stupid are our leaders?"

• Compared the Chinese to Super Bowl champ Tom Brady:

+ \$8.7 BILLION

Trump said his team of accountants had spent months tabulating his net worth. They finally settled on \$8.735 billion.

"I'm really rich. And by the way, I'm not even saying that (to) brag. That's the kind of mindset, the kind of thinking, you need for this country... We have the opposite thinking: We have losers."

"I just sold an apartment for \$15 million to someone from China. Am I supposed to dislike them?... I love China. But their leaders are much smarter than our leaders. It's like having Tom Brady and the New England Patriots playing a high-school football team."

• Issued tariff threats:

One of the things he'd do, he said, is call Ford's president and say: "Congrats on building the new plant in Mexico... Lemme give you the bad news." The bad news? A 35 per cent tax on every part made in Mexico, until Ford moves a plant to the U.S.

• Teased Secretary of State John Kerry for breaking his leg while bicycling:

Trump said he'd be busy preventing Iran from getting a nuclear weapon instead of cycling.

His speech carried several dire comparisons of the U.S. to a "Third World country" because of crumbling infrastructure. But he concluded on a positive note: "Sadly, the American dream is dead. But if I get elected president, I will bring it back — bigger, and better and stronger."

THE CANADIAN PRESS



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REEVES COLLEGE



A woman cries as she leaves flowers at the scene of a balcony collapse at an apartment building near UC Berkeley on Tuesday in Berkeley, Calif. JUSTIN SULLIVAN/GETTY IMAGES

Students die as balcony collapses

CALIFORNIA

Many of the victims were visiting U.S. from Ireland

A 21st-birthday party thrown by a group of visiting Irish college students turned tragic early Tuesday when the fourth-floor balcony they were crowded on collapsed with a sharp crack, spilling 13 people about 50 feet onto the pavement. Six people were killed and seven seriously injured.

Police and fire and building officials were working to figure out why the roughly five-by-10-foot concrete-floor balcony broke loose from the side of the stucco apartment building, situated a couple of blocks from the campus of the University of

California, Berkeley.

Five of the dead were 21-year-olds from Ireland who were in the country on so-called J-1 visas that enable young people to work and travel in the U.S. over the summer, while the sixth victim was from California, authorities said.

The news brought an outpouring of grief in Ireland, from the prime minister on down.

Police arrived to find the metal-rail balcony had fallen off the side of the building and landed on the third-floor balcony beneath it.

Investigators will probably look first at whether the balcony was built to code and whether rain or other weather weakened it, said Kevin Moore, a San Francisco engineer and chairman of the structural standards committee of the Structural Engineers Association of California.

THE ASSOCIATED PRESS

NEW YORK

Weather disrupts search for convicts

Search teams hindered by cool, rainy weather combed through woods in far northern New York for an 11th day trying to track down two escaped murderers as one official raised doubts Tuesday that they relied solely on a now-jailed prison worker to help them get away after their breakout.

More than 800 law enforcement officer, searching for David Sweat and Richard Matt, shifted their focus eastward along Route 374 leading from

the village of Dannemora, home of Clinton Correctional Facility.

Clinton County Sheriff David Favro said rain has been washing away any scent search dogs might find and interfering with thermal imaging devices being used to detect body heat.

Favro said while he has "no concrete information," he doesn't believe the escapees would have counted only on Joyce Mitchell for the ultimate success of their escape plan.

THE ASSOCIATED PRESS

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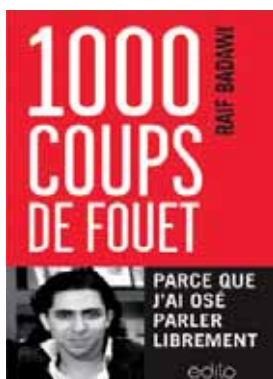
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Raif Badawi's French-language book. CONTRIBUTED

TEXTS

Badawi tells of time in prison

The book titled “1,000 coups de fouet,” which translates to 1,000 lashes in English, published in Quebec by Montreal-based Editio, was also released earlier this year in Germany.

Profits will be split between the publisher and Badawi's family. Badawi's texts are simple, witty and sarcastic: they discuss how Saudi citizens can no longer “play the ostrich,” ignoring how the country refuses to respect religious minorities.

His writing explores gender equality and how religious dogma can stifle innovation and creativity.

He discusses how citizens have the right to “believe and to reflect, to love or to hate, to be liberal or Islamist.”

Badawi writes of the terrifying, excrement-laced bathroom he shares with other inmates in prison and its dirty, rusty walls covered in hundreds of graffiti markings.

“My eyes fall on the phrase: Secularism is the solution,” he writes. “Stupefied, I rub my eyes to make sure I am reading correctly.”

He continues discussing how in his new life in prison, the bathroom “plays a large role in the formulation of men's thoughts. As soon as I sit on the toilet bowl, ideas start to jostle around in my head.”

GIUSEPPE VALIANTE / THE CANADIAN PRESS



Ensaf Haidar, wife of Raif Badawi, stands next to a poster of a book of articles written by the imprisoned Saudi blogger, Tuesday in Montreal. THE CANADIAN PRESS/PAUL CHIASSON

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Jailed Saudi blogger able to release book

1,000 LASHES

His wife Ensaf transcribed preface during phone calls

The wife of jailed Saudi blogger Raif Badawi says he has not lost his wit or desire to express himself through prose, even as he languishes in prison in poor health and struggles with low morale.

During one of Ensaf Haidar's twice-weekly phone calls with her husband, Badawi dictated an essay that became the preface to his new book, released in Quebec on Tuesday.

The 62-page, French-language book is a collection of 14 salvaged blog posts published between 2010 and 2012 that weren't destroyed by authorities.

The book is titled 1,000 Coups De Fouet, which translates to 1,000 lashes in English.

Those posts resulted in Badawi being sentenced to ten years

in prison and 1,000 lashes for insulting the country's clerics.

Badawi's detention and sentence have stirred up worldwide condemnation and Quebec's immigration minister recently announced the province would accelerate immigration procedures for him.

While he is not a Canadian citizen, Haidar and his children fled Saudi Arabia in 2012 and settled in Sherbrooke, Que., in 2013.

Haidar took the microphone Monday and addressed those attending the launch in French — which she's learning — thanking Amnesty International, the human rights organization that has been working to raise awareness about her husband's plight.

The Saudi Supreme Court recently upheld a lower court ruling that sentenced Badawi.

However, after a first session of 50 lashes in January, all others were postponed, apparently due to health concerns and undisclosed reasons.

Amnesty International and Haidar fear his punishment will resume in the near future.

“His health is not good and his morale is not good, but that's normal, he's been in prison for three years already,” she said.

Haidar added it's difficult for her young children to grasp their jailed father is on the other end of the line.

“They need to play with him and touch him. Talk to him. To laugh and smile with him,” she said.

GIUSEPPE VALIANTE/THE CANADIAN PRESS

“His health is not good and his morale is not good, but that's normal, he's been in prison for three years already.”

Raif Badawi's wife Ensaf Haidar

More than 1 in 3 families at debt limit

POLL

Homeowners would face hard times with a 10% increase

Nearly half of Canadian homeowners are taking steps to cut their mortgage debt, but many would be in trouble if their monthly payments grew even slightly, a survey by Manulife Bank of Canada suggests.

Manulife says 18 per cent of homeowners made extra lump-sum payments towards their mortgages in the past year, while 17 per cent increased their regular payments. Another 5 per cent of respondents did both.

In total, 40 per cent of the homeowners polled made extra mortgage payments during the past year, while 60 per cent did not. The average amount of additional mortgage payments was \$6,300.

Manulife Bank of Canada's president and CEO Rick Lunney said it's encouraging that many homeowners are taking steps to reduce their mortgage debt.

However, the survey also found more than a third of homeowners polled would face financial hardship if their mort-

gage payments increased by just 10 per cent.

"Having your payments go up 10 per cent sounds like a lot, but if you have a \$200,000 mortgage and interest rates go up 1 per cent, that's a 10 per cent increase in your mortgage payments," Lunney said. "So there's not much room here for those people."

Meanwhile, another 15 per cent of homeowners said they couldn't handle any increases at all in their mortgage payments.

Manulife polled 2,372 Canadian homeowners in all provinces from Feb. 10-27. Respondents were all between the ages

of 20 and 59 and had a minimum household income of \$50,000.

The polling industry's professional body, the Marketing Research and Intelligence Association,

said online surveys cannot be assigned a margin of error.

The Manulife survey found that Canadian homeowners are carrying an average of \$190,000 in mortgage debt, with Albertans carrying the heaviest debt load — an average of \$242,300.

That's followed by \$217,300 in British Columbia, \$196,900 in Manitoba and Saskatchewan and \$193,000 in Ontario.

Atlantic Canada has the lowest average mortgage debt at \$127,300. THE CANADIAN PRESS

There's not much room here for those people.

Manulife CEO Rick Lunney



PARIS BOEING STRIKES BIG DEAL AT AIR SHOW Korean Air CEO Cho Yang-Ho and Boeing Commercial Airplanes president and CEO Ray Conner pose at the International Paris Airshow at Le Bourget. Boeing landed the biggest order of the show so far with a deal for 100 of its 737s yesterday. AFP/GETTY IMAGES

PRIVACY STANDARDS

Activists depart from facial recognition talks

Retailers are able to scan your face digitally, and use that identification to offer you special prices or recognize you as a prior shop-lifter. Should they use it? Should they need your permission?

Privacy advocates announced yesterday they have walked away from a U.S. government-run effort with industry intended to answer these questions.

The idea behind the negotia-

tions was to hash out voluntary protocols for facial-recognition technology in a way that doesn't hurt consumers. The Commerce Department's National Telecommunications and Information

Administration (NTIA) mediated.

Industry groups said they still believe consensus could be found on issues such as transparency, notification and data security.

THE ASSOCIATED PRESS

DRONES

Evolved designs make life, work much easier

Quickly evolving drones are creating new options for industries and businesses across Canada as developers promise to make their operations safer, cheaper and more accurate.

Take the roofing industry:

Michael H. Cohen, president of Toronto-based drone operator Industrial SkyWorks, says that in the past, inspecting roofs for heat loss meant climbing up on the roof to do it manually.

"The industry had for 30 years been walking roofs with handheld thermographic cameras at night, an incredibly dangerous and inefficient activity," he said in an interview.

Now, an operator can stand in a parking lot as the drone comb a building's roof in a grid pattern.

Calgary-based 4Front Robotics is working to create more

uses for drones by developing ones that can operate in confined spaces. Company CEO Alex Ramirez-Serrano said that there's been much less progress on that front.

"It's extremely hard," he said. "You don't have GPS, you need to sense and avoid, you need to recognize the environment."

The company's prototypes are being tested on inspecting storage tanks in oil and gas, flying in mines for rescue operations and zooming through the forest to identify which trees to cut.

So far, battery life has been a limitation for drones, but Cohen said that's improving fast. He remembers when battery life was all of eight minutes, but now some companies have batteries that last upward of 90 minutes.

THE CANADIAN PRESS

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DAILY BREAK



IN BRIEF

Toyota recalls 1.4M vehicles

Toyota is adding nearly 1.4 million cars, trucks and SUVs to a growing recall for air bags that can explode with too much force.

The company says it is expanding a previous recall after Takata Corp. of Japan agreed to double the size of its air bag inflator recall to 33.8 million.

Vehicles added to a passenger air bag inflator recall include the 2003 to 2007 Corolla and Matrix, 2005 and 2006 Tundra pickup, 2005 to 2007 Sequoia SUV and the 2003 to 2007 Lexus SC430 convertible.

THE ASSOCIATED PRESS

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PROCON

Is home-schooling a good idea?

YES: Home-schoolers are high achievers

Mom and dad make great teachers — and they're choosing to fill that role more than ever. A Fraser Institute study released Tuesday showed home-schooling grew 29 per cent in Canada from 2007 to 2012, while public school enrollment fell 2.5 per cent. The authors cited research suggesting home-schooled children score higher on academic tests, if they follow a structured program. The institute, which is conservative and favours parental choice, also pointed out that home-schooling saves governments \$256 million each year.

NO: School is the best place to learn social skills

Many parents worry home-schooled kids miss out on the intangible benefits of going to school that are hard to capture in studies, such as learning how to make friends. Also, the evidence of home-schooling's academic benefits is scant — one Canadian study the Fraser Institute cites had only 74 participants. Another, though its sample size was in the thousands, involved home-schooling families who chose to participate and was authored by the president of the National Home Education Research Institute.

Science and society show gender is fluid

THE SCIENCE

Stephanie Orford



Until very recently, we thought about gender the way we think about signs on washroom doors. There are two options: male and female.

But at least since endocrinologist Harry Benjamin first published research about his transgender patients in the 1960s, scientists have observed that people have a range of gender identities.

"The notion ... that there are only two sexes has actually been frequently overturned in science," says Elizabeth Saewyc, a professor of nursing and adolescent medicine at UBC who leads the Stigma and Resilience Among Vulnerable Youth Centre at UBC. "There's a bit more of a continuum."

Now Canadians' awareness of gender variation is finally catching up with the science. As discussions about gender identity hit the mainstream, we need to make sure sensitivity and respect are always part of the conversation.

Many Canadians had a gender epiphany earlier this month when Caitlyn Jenner, formerly Bruce Jenner, pushed transgender issues into the mainstream with her Vanity Fair cover. Last week pop star Miley Cyrus revealed her fluid gender identity in an interview with Paper Magazine.

The conversation is rippling across the politics and policy worlds, too. An Ontario judge has ruled that a transgender child whose parents were fighting over her identity should be allowed to discover that identity for herself (she identifies as female).

On June 1, the Alberta Bill of Rights was amended

to include the rights of Albertans to determine their own gender identity and express it as they please.

As many as one in 100 people have gender identities that are different from their biological sex at birth.

Many biological causes of transgender identity have been suggested, but none have been proven definitively. It's a highly complicated interplay of genes and environment, and many aspects are still unknown.

Scientists do know gender identity is deeply ingrained early in life, likely before birth, says Saewyc.

As we find out more and grapple with the rights, social norms and expectations around the many variations of gender identity, Canadians need to accept and embrace that variations — much like variations in sexual orientation — are natural, normal and can't be changed.

Many biological causes of transgender identity have been suggested, but none proven definitively. It's a highly complicated interplay of genes and environment.

"It's really important to recognize and celebrate the diversity of human gender and sex," says Saewyc. "For far too long we have, as societies across the world, discriminated and stigmatized against people who are outside the stereotypical binary."

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

Real change, not just election reform, would inspire youth

You know what's great?

Two of the big three political parties are promising electoral reform, in a bid to combat voter apathy.

It's already part of the NDP's election platform. Yesterday, the Liberals said they'll replace our first-past-the-post system with a process more in line with the popular vote.

It's worth a try, given the Conservatives' majority is based on the support of just one-quarter of eligible voters (39 per cent of ballots cast).

But you know what would be better? A party that bothered to speak to young people.

They — we — are at the heart of the problem. Youth turnout has been nosediving since the 80s, dragging the overall rate with it. Only 38.8 per cent of people 18 to 24 voted in the last election (compared to 61.1 per cent overall). And, crucially, we're not becoming voters as we age.

This isn't a fringe issue for Canadians. Our democracy is suffering. Politicians can get what they want no matter how few of us vote. We can't say the same.

And it's not a problem of engagement. As UBC politics professor Max Cameron told me, "Young people have an enormous vocation for public service and a great interest in public affairs, but very few express that in terms of partisan politics."

That's because partisan politics ignores us.

Liberal Leader Justin Trudeau cares so deeply about the middle class, it's all he seems to talk about. And just yesterday NDP Leader Thomas Mulcair gave his own speech claiming dedication to the middle class. Whoever they may imagine belongs to this class, it's not young people.

Politicians flick at the youth unemployment rate and believe that — just by acknowledging it's abysmal — we trust them to fix it. We don't. Same goes for climate change. Any plans to dramatically reduce tuition fees, by chance? Or rent costs?

No, the political parties aren't all the same, but they seem more like soda brands fighting for market share than alternate visions of how to organize society, as Cameron told me. Will the next government shift us away from oil production or close the wage gap, end the war on drugs or even dramatically shrink the public service?

As much as I scorn the word disruptive, I could use some disruptive politics — say, the opportunity to elect someone other than a white man, seeing as, you know, we're not all white men.

So, thanks for the election reforms, guys. But I'll be shocked if they inspire young Canadians who don't vote and may never.

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PHILOSOPHER CAT
by Jason Logan

THERE IS NOTHING NEW IN ART EXCEPT TALENT.

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Unshaven armpits all the rage

PERSONAL GROOMING

Women take on mainstream beauty standards with natural look

On social media and red carpets, from New York to China, hairy underarms are having a mainstream moment.

Women are proudly showing off their growth on Instagram and YouTube, and it's not just Miley Cyrus anymore. Jemima Kirke of *Girls* flashed her fair-colored au naturel look — earning some cringes — at the June 1 CFDA awards, one of the top fashion events of the year.

On Sina Weibo, a popular microblogging site in China, the women's rights activist known as Xiao Meili held an Armpit Hair Competition, complete with prizes that included condoms and a vibrator, to protest societal pressure on women to shave under there.

Her effort earned more than 1.7 million hits.

"In the past two decades, there have been a lot of commercials and advertising for hair removal cream and laser removal of hair that have talked about women needing to shave their under-

arm hair and that the armpit area should be clean," said the 25-year-old Xiao, whose real name is Xiao Yue.

"My mother's generation didn't care about that, but now it has become a headache for women in the summer as they have to consider whether to shave that area or not," she said.

Love it or hate it, not shaving under the arms has morphed into a call to action for other women as well who are looking to be free

of the constraint or choose for themselves without ridicule.

Mom Katherine Anne True, a registered nurse in Raynham, Mass., recently showed off her underarm growth on Instagram, though she has not joined others there who sport hair they've dyed blue and other festive colours.

"I started it a few months ago before I knew it was a trend," said True, 30.

At first, it was just for fun. Then the extra hair was met by cringes from her five-year-old

daughter and nine-year-old niece.

"When the girls told me I '(had) to shave those' and were grossed out it was kind of startling that these gender stereotypes were already so ingrained at these ages," True said. "I do it, or rather don't do it, for me but also as a reminder to my daughter that it's up to the individual what we decide to do with our bodies."

Her daughter is now unfazed. Her niece still tells her to shave.

BODY HAIR CHOICES

Expression of identity is the key

Maria Del Russo, a beauty editor for the millennial-focused fashion, style and beauty site Refinery29, said expression of identity is key in the mix. If there's any statement to be made, she said, it's this: "What one woman decides to do with her body hair is her business, and hers alone. For plenty of women, it's just hair."

Music Awards to match the same colour in wigs for her head and an over-the-clothes crotch piece. Julia Roberts sported

the grown-out look in 1999 at the London premiere of *Notting Hill*.

In parts of Europe and elsewhere around the world, it's never been about shorn. And until the rise of razors marketed specifically to women, along with sleeveless fashion at the turn of the 20th century, hair was far more there in North America, crossing over in more recent decades from a music festival mother ideal of femininity.

Photographer Ben Hopper in London has challenged the shorn mainstream in an online photo project he calls *Natural Beauty*. His collection of images includes Madonna and Roberts in full growth, along with models and everyday women through the decades.

There's a postcard from around 1920 portraying a young woman with crimped hair in a frilly dress provocatively flaunting bushy underarms. With lady marketing of razors, he explained, hair-free pits soon became the norm.

Some celebrities have been sporting armpit hair forever. Lady Gaga used little shaggy turquoise wigs under her arms in 2011 while performing at the Much



Jemima Kirke arrives at the 2015 CFDA Fashion Awards. EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS FILE

Xiao said in China, pressure to shave has come from the West.

"Women's underarm shaving in China only has about 20 years of history and that is because of advertising, which has changed people's minds," she said.

Xiao is known for eye-catching protests, and three of her contest participants were among five women's rights activists whose detentions in March received worldwide attention. In 2013, she shaved her head to protest the way women have to get higher scores than men to be admitted to some university courses.

"To shave or not is up to the woman," she said. "The purpose of this contest is not to call on people not to shave their underarm hair. It's to not criticize those who don't."

Leila Noelliste, creator and editor of the hair site *BlackGirlLongHair*, posted a display of women showing off their growth and sees no downside.

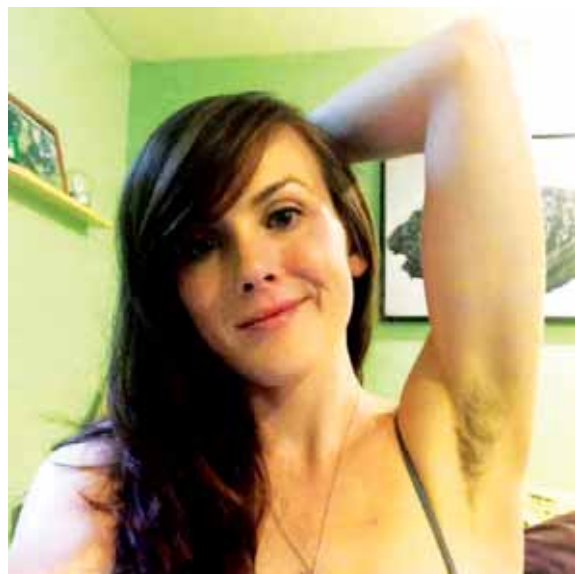
"Much of what women consider beautiful is based on standards set by men, so it's refreshing to witness a woman-centred beauty movement," she said.

Angelique Serrano, beauty dir-

ector for *InStyle* magazine, said there's clearly no one right way to approach the pits, on feminist, beauty or hygiene grounds. The magazine offered a tutorial on its website late last year on how to achieve neon Rainbow Brite tints with bleach and Manic Panic dye after the hashtag #dyedpits popped up on Twitter and Instagram.

"With the help of social media, the conversation is reaching a new level," she said. "People are sharing their personal choices in a public way."

THE ASSOCIATED PRESS



Katherine Anne True at her home. "I started it a few months ago before I knew it was a trend." At first, it was just for fun. Then the extra hair was met by cringes from her five-year-old daughter and nine-year-old niece. KATHERINE ANNE TRUE VIA THE ASSOCIATED PRESS

Running in heels with dinosaurs

JURASSIC WORLD

Bryce Dallas Howard talks ankle-specific exercises



Ned Ehrbar
Metro | Life

Actors pick up all sorts of new skills when working on big movies, but one area of expertise Bryce Dallas Howard never expected to master on the job is ankle health. But when your character spends the entire movie in a set of rather nice-looking high heels and you're being chased by killer dinosaurs, these things become important.

What are your memories from seeing the first film?

It's one of those experiences where I was so impressionable, and it was just such a vivid experience. I left remembering every single second of it. It was just a crazy-good movie. That film is genius. So yeah, I remember every-

thing. I was making jokes with Chris before we started that I needed to bring back the high-waisted khaki shorts that Laura Dern made popular with Jurassic Park.

Your running in heels in this was very impressive.

I was obsessive with making sure that I didn't get injured. At this point, I know so much about the fitness of ankles. (laughs) It's completely disproportionate with overall fitness, which is really funny because I remember about half-way through I thought to myself, 'Man, my ankles are so strong. Should I be working out other parts of my body for a major motion picture? Hmm. It's all



I loved that we kind of landed in this place where it was right for the character to have her heels on the whole time.

Bryce Dallas Howard

about the ankles. I loved that we kind of landed in this place where it was right for the character to have her heels on the whole time.

How do you pick up ankle-specific exercises?

I was really lucky because my driver turned out to be a UFC winner, this guy Pete Williams — just an incredible athlete. And he was the one who actually taught me all these balance and ankle exercises, because in mixed martial arts you have to really take care of your feet and you have to be able to balance.

Your character gets a great arc to play over this, which sadly isn't too common for big action movies.

One of the things Colin always said on set was that this movie has to work without the dinosaurs, and that was something that was always top of mind. I met him in March of 2013 over Skype. He told me so much of the story — I couldn't even believe it when it was happening, like I'm not even cast in this movie yet and he's telling me so much of it,



Bryce Dallas Howard stars as operations manager Claire in Jurassic World. COURTESY

I can't believe he trusts me — and then a month later he called me and said, 'I'm at the top of a mountain in Hawaii, I was thinking about you. We've all talked about you, Bryce, and when we Skyped together you felt like family. We'd like

to invite you into the Jurassic World family.' I mean, I said yes on the spot. But there was no script until September. He described this character to me who really goes on this journey. At first she's incredibly unlikable and by the end of

the film she's heroic, and I just kept questioning whether that was even possible.

Nice work if you can get it. And then! And then Chris Pratt gets cast. Could it get any better?

ENDLESS

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New show deemed 'poverty porn'

CONTROVERSY

Questionable motives leave some viewers seething

Consider: a reality show that spotlights the struggling middle class by handing families a cash windfall plus the option to help another deserving family to some, or even all, of that \$100,000 gift.

Is this a chance for viewers to meet remarkable families who can use a little help and yet are drawn to help others? Or, as some are beefing, is this cruel, manipulative and "poverty porn?"

CBS' The Briefcase (Wednesday at 8 p.m. EDT) has set off a firestorm among certain TV critics and the 22,000-and-counting signers of a website petition whose battle cry is: "Don't let CBS exploit the poor and profit from this!"

The petitionists are few in



The Bailey Family are participants in the new reality show The Briefcase. THE ASSOCIATED PRESS

number when compared with last week's 4.9 million viewers of the show, but they have made a lot of noise, with a hearty assist from unquestioning media outlets.

Reality-TV veteran David Broome (The Biggest Loser) is the creator, executive producer and an on-camera host of The Briefcase, and he's flabbergasted by the knives drawn against it.

"It's as if the mission was to turn this into a class story: poverty-stricken families pitted against each other in a Hunger Games scenario," he marvels.

Broome notes that the series hunts for common ground, while its participants spend the allotted 72 hours weighing a fundamental life issue: their own needs measured against those of others.

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Chef Julian Clauss-Ehlers' Roasted Beets and Goat Cheese.
CONTRIBUTED

A fresh start to the summer beet wave

ROOT FOR IT

Beets are this season's star ingredient

Summer is more or less here, depending on the week. And as great as it's been to change from soups and roasts to lighter fare, most of us need something more than a bowl of lettuce to get by. Spring brought with it a whole new collage of root vegetables, especially beets, that make for an easy transition.

At the new Trattoria Bianca restaurant near Penn Station in New York City, executive chef Julian Clauss-Ehlers is serving a roasted beet and goat

cheese dish that just bursts with freshness. "The creamy texture of the goat cheese complements the earthy flavours of the beets — it's a classic combination," he tells us.

Beets can be a hard sell though, with many home cooks either serving them raw or sugared and pulverized beyond recognition. But Clauss-Ehlers's recipe calls for gently baking the beetroot, which "keeps it tender and helps keep the shape," he explains.

Eat beets now, while they're in season, to get the most flavour out of the heart-health-boosting veggie, which also has potassium for your muscles and antioxidants.

EVA KIS/METRO IN NEW YORK



The creamy texture of the goat cheese complements the earthy flavours of the beets — it's a classic combination.

Executive chef Julian Clauss-Ehlers



ROASTED BEETS WITH GOAT CHEESE

Ingredients for the beets:

- 3 large red beets, peeled and sliced very thin
- zest and juice of 1 orange
- zest and juice of one lemon
- 1/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1/2 cup water
- a sprig of fresh thyme

Directions: Carefully mix all ingredients, including the beets. Place everything in a baking dish, cover with aluminum foil and cook in the oven at 300 degrees until the beets are soft, about 1 to 2 hours. Remove from the oven and allow to cool.

Ingredients for the cheese:

- 8 oz. creamy goat cheese, lightly whipped
- 1 fennel bulb, finely shaved
- 1 pear, cut into fine strips
- 1/4 cup whole pistachios, lightly roasted and chopped
- Handful baby arugula

- Kosher salt
- Fresh ground pepper
- Extra virgin olive oil
- Balsamic vinegar

Directions: In a salad bowl add the arugula, fennel, half the goat cheese, half the pistachios and half the pear. Lightly season with salt, pepper, olive oil and vinegar, then lightly toss.

Spread the remaining goat cheese in the middle of four 10-inch plates. Cover the goat cheese with three slices of beet. Divide the mixed salad onto the center of each plate, then lay the sliced beet around the outside.

Top the salad with the remaining pear strips and finish with fronds of fennel, sprinkle the rest of the pistachios around the plate and drizzle the beets with a little olive oil. Serves four.

EVA KIS/METRO NEWS

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WORD OF MOUTH

Theresa Albert

myfriendinfood.com



In a recent survey about gifts for Father's Day, one third of dads polled said they don't want a gift on June 21 — they just want to spend quality time with the family.

Cooking together is one way to do it, so here are the top three foods he needs to satisfy that hormone called testosterone.

These foods contain three key nutrients: zinc, protein and vitamin D to help build the critical hormone. The other items that the research points to for healthy T are a reduction of unhealthy weight and excess sugar as well as an increase in muscle-building activity. But don't pester him on Father's Day; just pass him these great guy foods:



Foods that are high in protein, zinc and vitamin D are sure-fire hits for dad this Father's Day. iStock

Grass fed beef

High in protein and zinc and low-

er in the saturated fats that can interfere with hormone regulation. Let him build the fire (ok, light the BBQ) and grill it like the hunter he is at heart.

Shrimp

Containing vitamin D and omega 3 fats, these babies go on the grill right next to the beef and scream man food. Be sure you check the source of such shrimp, though. Marine Stewardship Council Certified (look for the MSC blue logo) is critical.

Pumpkin seeds

Loaded with Zinc and Magnesium to support his muscles that support his manliness, these green pepitas are easy to sneak in. Use them in place of croutons in your Caesar Salad and call it a good Father's Day.

Theresa is a food and health expert and nutritionist who loves to spread the word on food.



SUMMER DRINKS

A Brit's taste of summer

LIQUID ASSETS

Peter Rockwell

@therealwineguy



England's classic aperitifs are making a comeback as home bartenders look for simple-to-make cocktails to help celebrate the coming of the summer season.

You can't get more old-school than Pimm's No. 1 Cup (\$22.59 – \$27.98). Invented by James Pimm in 1823, it's a gin-based spirit made with a secret blend of herbs, fruit juices and liqueurs.

The Brits like it stirred with sparkling lemonade (often replaced with ginger ale in North America) over ice and is typically garnished with a wedge of orange and a sprig of mint.



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Can't stand the heat? Get out of the kitchen

PIZZA OVENS

Old-fashioned 'technology' is the newest cooking trend

Backyard pizza ovens are hot, hot, hot.

Besides being designed to reach "optimal" cooking temperatures upward of 425 to 540 C (800 to 1,000 F), demand has grown "exponentially" since Allan Ham started selling the ovens five years ago.

Propane and gas-fuelled variations on traditional ovens are being carried by major retailers.

Some homebuilders are including this old-fashioned, wood-fired "technology" in high-end, indoor kitchens, says Ham, owner of Outdoor Pizza Ovens in Shanty Bay, Ont., near Barrie.

Although the construction materials are better today, the classic ovens have changed little in centuries — a stone hearth

+ THINGS TO KNOW

- Outdoor pizza ovens must meet CSA/UL certification standards, but care is required for all appliances.

- The recommended fuel is dry hardwood.

- Cast-iron or clay pots and skillets are best in high temperatures.

- Required maintenance is very low because there are no moving parts (except maybe doors) on many pizza ovens.

medium-sized ready-made units start at more than \$2,000 and the largest, most elaborate ones can be closer to \$9,000 (shipping and stands not necessarily included).

Ham sees potential in a Finnish-inspired product that's not much bigger than a suitcase, sits on a picnic table, uses wood pellets as fuel and heats to more than 425 C (800 F) in 10 minutes. It costs \$400.

About half his buyers buy kits to build their own, but even those run from about \$1,200 to \$5,000.

So why invest thousands of dollars to return to a form of cooking that's been around for millennia?

"I think we're all drawn to fire," Ham says. "It's in our DNA. The oven door's open all the time and you see the fire and you see your food cooking right before your eyes. ..."

"And ultimately it's the taste of the food" and the wood smoke that gives even familiar dishes a new flavour.

There are two basic kinds of wood-fired outdoor ovens.

In a "black oven," the wood burns on the stone floor. Depending on the oven's size and quality of the wood, it takes 45 to 90 minutes to heat the oven to optimal temperature, Ham says.

Although often called "pizza ovens," black ovens can be used as smokers and to bake, roast and grill. You can set a grate inside and cook over the coals as you would on a barbecue or brush the wood and ash aside and cook directly on the hearth.

It retains the heat so well that an oven heated to optimal temperature in the evening will still have an internal temperature of 180 or 200 C (350 to 400 F) the next morning — enough to bake bread.

In "white ovens," the fire chamber is below the oven. You don't have to clean up wood or ash, but "they don't hold their heat into the next day or you can't grill in that oven. It's just basically an oven or a smoker."

THE CANADIAN PRESS



Two wood-fired pizza ovens from Forno Bravo of California are good examples of the growing backyard pizza oven trend.

THE CANADIAN PRESS



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St. Vincent tames Cara's wild ways

#STCARA

Busy model is ready to settle down with singer: Source

Emily Laurence
Metro | New York City

Model Cara Delevingne has famously dated Harry Styles and Michelle Rodriguez, but it's none other than St. Vincent singer Annie Clark who has turned the upcoming Paper Towns actress from party girl to domestic partner.

A source close to the couple allegedly tells Closer magazine that the couple are "so in love" with each other and are living together in easy domestic bliss.

"They both say they feel like they've found The One," the source says. "When Annie asked Cara to move in together, she said yes immediately. They feel real settled at the moment."

Delevingne is at a pivotal moment in her modelling and acting career.

Fresh from jointly promoting Burberry, the British model teamed up again with Kate Moss to lead Mango's fall/winter 2015 ad campaign.

Called #somethingincommon, the campaign, which will be Moss's third for the fashion brand, was shot in Toronto.

She also stars in the upcoming



Cara Delevingne and Annie Clark, seen here in Cannes last month, are said to be going strong. ALL PHOTOS GETTY IMAGES

ing Paper Towns, showing off her acting chops and a decent American accent in the film based on the novel by John Green (who also penned The Fault in Our Stars).

But even Delevingne's busy

schedule can't keep her apart from Clark. The source goes on to say that neither one of them hesitates to jump on a plane, even if it's just for a few hours of time together. Team #StCara for the win!

IMPROMPTU DUET GOES VIRAL

Sheeran surprises at Edmonton mall

A budding young pop singer says she got the surprise of her life from one of the world's biggest pop stars while performing at one of the world's largest shopping malls this weekend.

Sydney Bourbeau was halfway through covering Ed Sheeran's Thinking Out Loud at West Edmonton Mall on Sunday when Sheeran himself, who just happened to be at a nearby music store, hopped on stage and helped her.

The 13-year-old Grade 8 student says she initially through Sheeran, who was wearing thick-rimmed glasses and a plaid shirt, was a stage hand coming to help her with the microphone stand.

With the crowd roaring its approval, Sheeran and Sydney shared the mic for a verse and a chorus. Then, giving Bourbeau a hug, the British megastar was gone as quickly as he arrived, allowing the youngster to finish up.

Sydney was performing at the mall as part of a concert to mark



“It was nuts.... Like everyone at school knew and they were all like, ‘Oh my goodness, you are famous!’”

13-year-old Sydney Bourbeau

the end of a fundraiser for the Humane Society hosted by her music school Resonate.

She says Sheeran's manager got in touch with her later that day to offer her tickets to Sheeran's show in Edmonton that night. He sent her a message again during the show asking her if she wanted to come backstage, but she didn't see that one until after she was already home.

Still, she says the encounter, which has been posted by a handful of different people on social media, made her pretty popular at school on Monday.

THE CANADIAN PRESS

AARON PAUL

Breaking Bad fans punked

Breaking Bad star Aaron Paul apparently wants to use his fame and social media moxie for evil, not good. He recently teased fans in a Periscope video about a Breaking Bad spin-off chronicling the exploits of his character, Jesse Pinkman, after leaving Albuquerque. "Listen, there's some super top-secret news that I am so proud to tell all of you. It's very exciting," he offered.

Except that it was all a joke. And fans got so worked up after it that he had to tweet an apology:

"Sorry for the joke, everybody." Not cool, Pinkman. Not so cool.

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IN BRIEF: PARENTING DECISIONS, PREHISTORIC LOVE TRIANGLE

Zoe Saldana keeps kids under wraps

New mom Zoe Saldana is going to great lengths to respect the privacy of her six-month-old twin sons. That means you won't be seeing any photos with their faces any time soon.

"I just don't want 16 years from now to get, 'You are so disrespectful. You invaded, you exposed

me and I wasn't ready,'" Saldana tells E! News. "Right now they're not in the position to speak for themselves or make a decision. I don't want to make it for them."

Anna Faris jealous of a dinosaur

Anna Faris is trying to be an understanding wife to Chris Pratt, but she just doesn't like the way a certain Jurassic World co-star has been looking at him. In the blockbuster, Pratt's character has a close bond with

one velociraptor in particular named Blue, and Faris took to Twitter to voice her concerns. "Honey, what if I'm the littlest jealous of Blue?" she wrote.

"I mean, she's hot, smart and you clearly adore her. Thoughts?"

Pratt himself responded, hoping to put his wife's fears to rest. "She's a little cold-blooded for my taste," he tweeted.

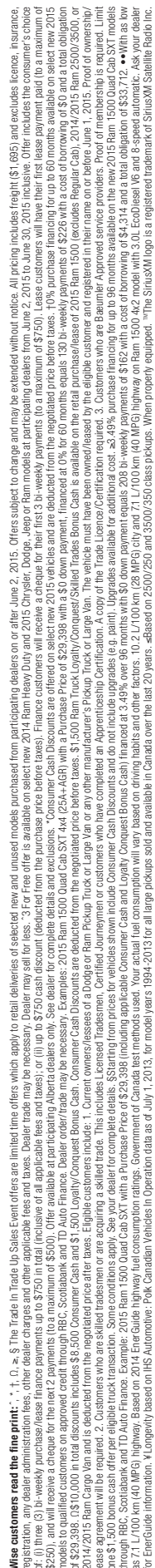
"But seriously, nothing happened." That's his story and he's sticking to it. NED EHRBAR/METRO IN HOLLYWOOD



Anna Faris and Chris Pratt



Zoe Saldana



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Features pack Lexus NX 300h



JIL MCINTOSH/FOR METRO

THE CHECKLIST 2015 LEXUS NX 300H

THE BASICS

Type. Four-door, five-passenger compact hybrid SUV.
Engine (hp). 2.5-litre I4 with hybrid system (154 gas only, 194 gas/electric).
Transmission. Continuously variable (CVT).
Price. \$59,450 (as tested), plus destination.

POINTS

- The NX 300h slots under the company's larger and deservedly popular RX hybrid. Lexus makes a total of six different hybrid cars and SUVs.
- The non-hybrid NX 200t starts at \$41,450 and goes to \$53,550.



JIL MCINTOSH/FOR METRO

COOL FEATURES

- Heated and ventilated front seats.
- Power-folding rear seats.
- Heated steering wheel.
- Head-up display.
- Touchpad infotainment control.
- Adaptive cruise control.
- Power liftgate.

MARKET POSITION

- The compact hybrid SUV segment is a very slim one, and the NX 300h really has only Infiniti as a competitor. There aren't many hybrid SUVs overall, but most are larger and pricier than the NX.

THE COMPETITION



Infiniti QX60 Hybrid
Base price: \$54,900



Lexus RX 450h
Base price: \$63,250



Porsche Cayenne S E-Hybrid
Base price: \$87,700

REVIEW

Compact SUV could be more fun to drive, though

Jil McIntosh
For Metro

Toyota was the first automaker to launch a hybrid, and over the years, it has used that technology in a number of Toyota and Lexus vehicles. Many of them are very good, but it falls a little short in the Lexus NX 300h, its all-new compact SUV.

You can get the NX with a conventional turbocharged 2.0-litre engine, while the 300h uses a 2.5-litre four-cylinder with electric motor and storage battery. The system automatically runs on gasoline, electricity, or a combination of the two, depending on what's needed. The system recharges the battery itself, and you don't plug it in.

The regular NX 200t starts at \$41,450 and has five trim levels, but the 300h hybrid comes in a single, fully loaded, all-wheel-drive model for \$59,450.

The styling is edgy, and Lexus says it's the company's first hybrid with a kick-down function when you want a

burst of acceleration. But while I went in expecting at least some sporty performance because of that, I was disappointed. The steering is mushy, the brakes are grabby, and the engine drones. The only real payoff was an average of 6.6 L/100 kilometres in combined driving, which turned out to be better than the published numbers, and on regular-gas fuel.

The interior is all quality materials and stitched leather, but I had some issues here, as well. You use a touchscreen on the centre console to operate the infotainment system, but it's too sensitive and I had trouble hitting the icons, especially on uneven roads. There's

“**Steering is mushy, the brakes are grabby**

a storage cover behind the wrist support that's topped with a removable cover. Flip it over, and it's a mirror. It's a nice idea in theory, I suppose, but I'm just seeing something that's easily broken or

lost.

The NX 300h does include a lot of features, such as adaptive cruise control, lane departure alert, power tilt and telescopic wheel, power-folding rear seats, ventilated front seats, head-up display, and wireless phone charging. But for the money, I expected something that would be a lot more fun to drive. The company may be known for hybrids, but even the leaders don't always get it right.

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The Porsche 919 Hybrid zips around at Le Mans. CONTRIBUTED

Porsche science on show at Le Mans

EVENT

Sports car race ignites excitement, fascination

AUTO PILOT

Mike Goetz



As science experiments go, the 24 Hours of Le Mans beats the heck out of making a *papier mâché* volcano erupt by combining baking soda, vinegar and dishwashing soap.

The world's most storied sports car race is much better

at developing future technologies, and much more enjoyable from a spectator standpoint.

The 2015 edition of the race was run last weekend near Le Mans, France, and the science on display was particularly awesome and intriguing, as it was only the second year for regulations stipulating that race cars in the top category of LMP1 utilize at least one hybrid system, and are also limited in the amount of energy they may use in each lap.

This focus on energy efficiency brought Porsche back to fight in that top category and it did "real good" in 2015; the three-car factory team of 919 hybrid race cars finished first, second and fifth. It was the first

outright win for Porsche since 1998, and stopped Audi's consecutive winning streak at five.

Let's take a quick look at Porsche's novel — and winning — hybrid technology, some of which is already on Porsche's production vehicles, and some of which will come on-stream later ...

• Porsche says the 919's 500-hp 2-litre turbocharged V-4 engine is a trailblazer in terms of fuel injection and in-

ternal friction.

• Similar to the road-going 918 Spyder, the 919 employs a generator at the front axle to convert kinetic energy into electricity during braking. The energy is stored in a very high tech lithium-ion battery, and released to an electric motor driving the front axle, in effect making the 919 an AWD vehicle under acceleration. The

electrical energy is equivalent to 400 extra horsepower. • The 919 also uses a

second recovery system. A turbine generator unit in the exhaust system works in parallel with the turbocharger, to convert energy from the exhaust-gas stream into electricity. So the 919 recovers energy not only when braking, but also when accelerating.

• Audi and Nissan use flywheel devices, and Toyota uses an electrochemical supercapacitor device, to store the electricity generated by their respective race-car energy recovery systems. Those two systems are generally better at absorbing and releasing electricity quickly, and are lighter, but Porsche felt its new-design lithium-ion battery, which features individually cooled cells, could store

more electricity, and so was better suited for the demands of Le Mans, and for future hybrid sports cars.

• Next year the science experiments will continue, and we'll have a bit of Canadian technology to cheer on. Ford announced it would be going endurance racing next year with its all-new Ford GT supercar in the LM GTE category.

Like the production Ford GT, the race GT will have its carbon-fibre chassis built at Multimatic Motorsports, in Markham, Ont., and will showcase the aerodynamic and lightweight possibilities of this new vehicle material.

Science that's fast, fun and loud? Now that's good science.



The Ford GT supercar. CONTRIBUTED

STUDY

Bright light for night drive

When you drive into the night, turn on a bright light to improve your performance, suggests a new study that says doing this could improve cognition and alertness.

This extends to night-shift workers whose work environment is dimly lit, for bright light suppresses the release of the natural sleep hormone melatonin, according to the researchers.

While this does not improve subjective alertness or co-ordination, it staves off the effects of sleep deprivation and, as the hours pass, bright light works better than dim light at enhancing your alertness.

In the study, the researchers screened would-be participants to find out their circadian rhythm chronotype, a scientific expression for whether you like to go to bed early and wake up early or if you prefer the opposite.

The researchers also screened them for sleep disorders and propensity for motion sickness because a driving simulator was the vehicle for the experiment.

They accepted 19 mostly male participants and structured the experiment in a crossover design involving repeated measures. Conditions for testing included having not experienced sleep deprivation within a week of driving the simulated circuit.

Staying awake

Participants were asked to stay awake until they exhibited sleep deprivation and 45 minutes later the research team exposed them to either dim light or bright light.

Next, they were asked to drive in the simulator for 45 minutes, divided into two circuits of at least 22 minutes each.

Being sleep deprived, they experienced telltale consequences that could have led to accidents in a real-life driving situation, and the incidents worsened as the task continued.

Bright light did not make much of a difference when compared to dim light until after the first 22-minute circuit; however, it made a significant, positive difference in the next, reducing would-be accidents, according to results of the study.

"We were most surprised to find that significant differences between the bright-light condition and the dim-light condition occurred in the second lap of the simulated driving task rather than immediately following the bright light exposure," said lead author Denise Weisgerber, a doctoral candidate at Simon Fraser University in Burnaby, B.C. AFP

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Land Rover reveals autonomous tech

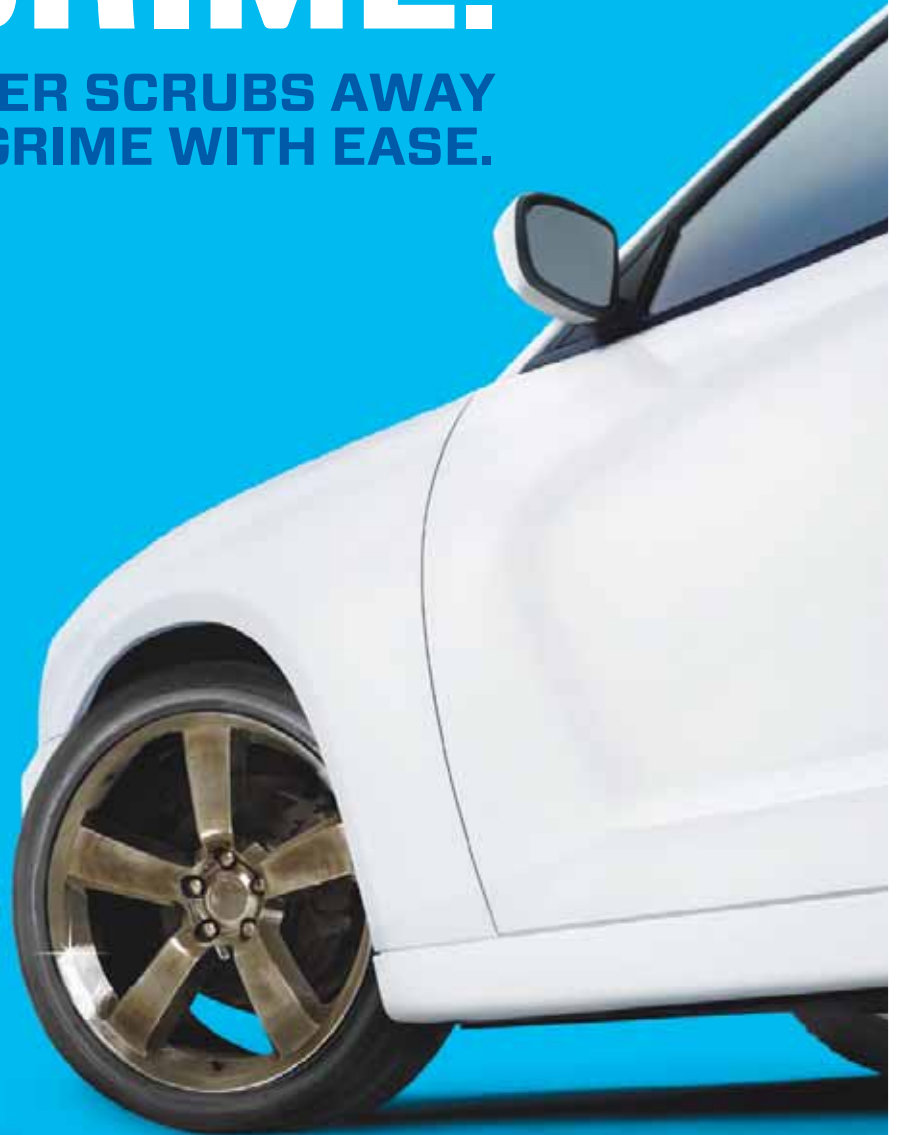
Land Rover is showcasing some of the next-generation autonomous driving technology it is planning

to bring to future models. The new BMW 7 Series, launched on June 10, is the first car that can be parked via remote control. As long as the owner is within 3

metres of his or her Range Rover Sport, the car can be remotely manoeuvred around tight parking lots or over challenging off-road terrains at low speeds. AFP

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SR AT model shown^a1.8 SL model shown[▲]

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IN BRIEF

Warriors put away Cavs to win NBA Finals in 6 games

The Golden State Warriors are NBA champions.

Golden State downed the Cleveland Cavaliers 105-97 on Tuesday night in Game 6 of the NBA Finals to earn its first championship since 1975.

Stephen Curry and Andre Iguodala scored 25 points apiece for the Warriors.

LeBron James led the Cavaliers with 32 points, 18 rebounds and nine assists.

Canadian Tristan Thompson chipped in with 15 points and 13 rebounds in a losing effort.

THE ASSOCIATED PRESS

Cindy Klassen expected to retire from speedskating

Decorated speedskater Cindy Klassen is expected to announce her retirement Saturday at a news conference in Winnipeg.

Klassen is the only Canadian athlete to win five medals at a single Olympic Games with a gold, two silver and two bronze at the 2006 Winter Games in Turin, Italy.

Jacques Rogge, the president of the International Olympic Committee at the time, dubbed Klassen "the woman of the Games."

Another bronze in 2002 ties Klassen with former teammate Clara Hughes as the most Olympic medals won by a Canadian athlete.

Klassen, 35, hasn't raced the last two years. She suffered a concussion while in-line skating in the summer of 2013.

THE CANADIAN PRESS



Cindy Klassen
THE CANADIAN PRESS

Raucous crowd energizes U.S. in win over Nigeria

WOMEN'S WORLD CUP

Wambach scores the winning goal



Cam Tucker
Metro | Vancouver

They were everywhere in Vancouver. Men and women, ranging from the young to the elderly, in some cases dressed from head to toe in the red, white and blue.

They came north to see their U.S. women's national soccer team take on the underdog Nigerian squad at BC Place Stadium, with the chance to win Group D and advance to the second round of the 2015 FIFA Women's World Cup.

And their squad, led by Abby Wambach, and sparked by Alex Morgan, did not disappoint. The game didn't feel as close as the score would indicate. From the opening minute, the U.S. seemed in control in a 1-0 victory.

Group D belongs to the U.S. The Americans are off to the round of 16, and will play their next match at Commonwealth Stadium in Edmonton on Monday.

The roars from the crowd of 52,193 fans — the largest crowd for a soccer game since renovations at BC Place — started early and the same jubilant atmosphere continued.

It was a partisan U.S. crowd



Abby Wambach, bottom, of the U.S. celebrates her goal with teammate Megan Rapinoe during Women's World Cup action against Nigeria in Vancouver, Tuesday. JENNIFER GAUTHIER/FOR METRO

in a Canadian city. There were a number of fans in green and white, supporting Nigeria, but the noise they made was mostly drowned out.

"I thought the crowd was amazing," said U.S. coach Jill Ellis. "I think that had a big part to do with our energy tonight."

The U.S. was on the attack from the opening kickoff.

Morgan, who had played only 23 minutes combined over Amer-

ica's first two games of the competition, went offside less than 20 seconds into the match. Wambach did the same thing later in the opening half on a debatable call, which led to a goal being called back.

The near misses piled up for the U.S., before Wambach buried the ball to the back of the net on a perfect volley off a corner kick right before the half.

Ellis said afterward that the

U.S. squad thought set pieces might be an issue for Nigeria going into the game, so she inserted Wambach into the starting lineup to take advantage of that.

The plan paid off.

There were some nervous moments for the U.S., however.

Asisat Oshoala made a nice run onto the ball, getting in behind defender Julie Johnston, but couldn't get her shot by

ROUNDUP

Japan takes perfect record into knockout stage

Defending champion Japan became the first team to win all three of its group-stage matches after defeating Ecuador 1-0 at Winnipeg Stadium.

Yuki Ogimi scored in the fifth minute for Japan, which secured first place in Group C and a spot in the knockout stage of the tournament.

Cameroon will also advance from Group C after defeating Switzerland 2-1 at Commonwealth Stadium.

Also in Edmonton, Australia secured second spot in Group D after tying Sweden 1-1.

THE CANADIAN PRESS

goalkeeper Hope Solo, who aggressively came out to challenge the Nigerian forward.

Sydney Leroux, originally born in Surrey but with dual Canadian and U.S. citizenship, entered the match in the second half, replacing Morgan.

Leroux's homecoming brought about another raucous cheer from the fans in attendance.

Leroux didn't factor into the scoring, but the majority of supporters went home happy. Off to the next round, the U.S. goes.

Midfielder Lawrence making her presence felt

Midfielder Ashley Lawrence has never scored a more important goal in her young career.

On the biggest stage in women's soccer, the 20-year-old recorded Canada's only goal in a 1-1 draw with the Netherlands at the FIFA Women's World Cup on Monday night. The first-half strike was enough to give Canada top spot in Group A.

"She's been lighting it up in midfield," head coach John Herdman said of Lawrence. "A little bit of pace ... and just that composure to finish that goal. And she had a few chances tonight

ON THE BOARD

With her goal on Monday, Lawrence became Canada's third youngest scorer in a World Cup.

(Monday). She certainly had the bit between her teeth."

Ten minutes into Monday's contest, Lawrence — a Toronto native — pounced on a loose ball for Canada's first goal from open play of the tournament.

Right back Josee Belanger got

the play going from the sidelines. Her throw-in was deflected by captain Christine Sinclair to Sophie Schmidt, whose shot was blocked by Dutch defender Mandy van den Ber. The ball bounced right to Lawrence, who side-footed the ball home for her first international goal in her 21st appearance.

"John really stressed as a midfielder just getting forward and getting in those right positions," Lawrence said after Monday's draw. "It was a great cross and the deflection came out and I just finished." THE CANADIAN PRESS



Canadian midfielder Ashley Lawrence, right, celebrates her goal against the Netherlands with teammate Josee Belanger on Monday in Montreal. PAUL CHIASSEON/THE CANADIAN PRESS

RECIPE Flank Steak with Cherry Tomatoes, Pine Nuts and Feta



EAT LIGHT AT HOME

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Planning your patio season celebrations? This is a great meal for outside entertaining. Serves six.

Ready in

Prep time: 5 minutes
Cook time: 10 minutes

Ingredients

- 1 1/2 lb flank steak
- Salt and pepper
- 2 tsp olive oil
- 1 1/2 cup sliced cherry or grape tomatoes (yellow and red), sliced in half
- 3 Tbsp toasted pine nuts
- 1 1/2 oz crumbled feta cheese
- 3 Tbsp chopped basil

Directions

- Season steak with salt

and pepper. Grill for about five minutes per side, depending upon thickness, until cooked to your preference. For medium rare, let temperature reach 130 F. Let sit for 10 minutes. Alternatively, bake at 425F for the same amount of time.

2. Meanwhile, in large skillet, add olive oil and sauté tomatoes for two minutes.

3. Slice steak thinly across the grain and spread tomatoes, nuts, feta and basil over top.

Nutrition per serving

- Calories 280
- Carbohydrates 1 g
- Fibre 1 g
- Protein 34 g
- Fat 15 g
- Saturated fat 6 g
- Cholesterol 55 mg
- Sodium 150 mg

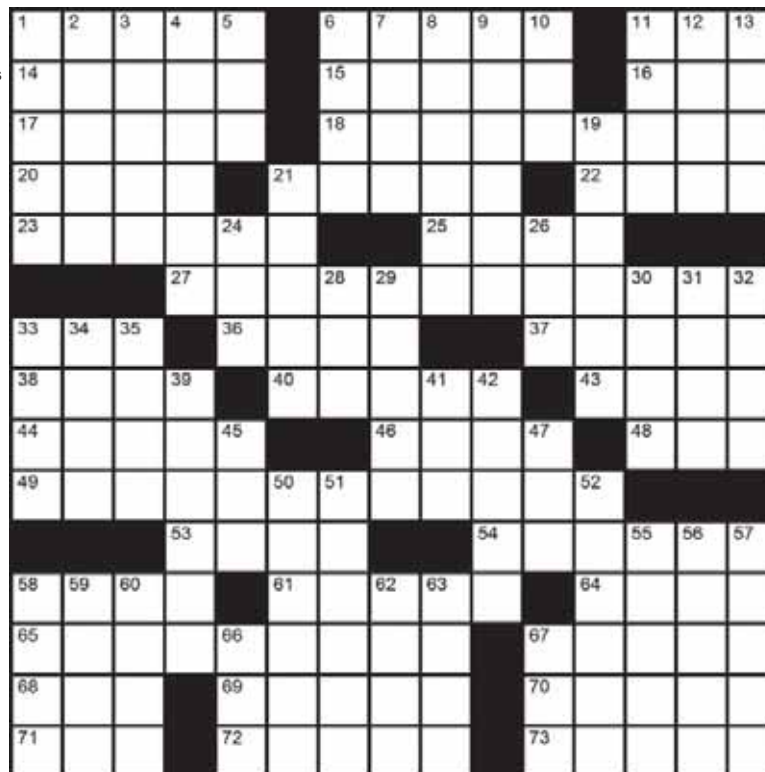
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BY KELLY ANN BUCHANAN

ACROSS

- Old __ (Men's grooming brand)
- "I'm not sure if that's good __ news?"
- Premium auto
- Nutty pie
- Ms. Wither-spoon
- "Well, __ -di-dahl!"
- Scottish land-owner
- Bryan Adams' "I know not what I do" song, with Please: 2 wds.
- Banda __ (City in Sumatra in Indonesia)
- 'Mechanical Resonance' band
- Off
- Queen's chair
- Tehran's locale
- Corner Brook __
- __ Limited (Company in Newfoundland that manages about 3.6 'mill'ion acres of forest)
- __ Na Na
- Change direction
- Fearless
- School year division
- Paving stones
- Mr. Kristoferson
- Yukon-Alaska peak, Mount Saint __
- 'Special' suffixes
- Model Carol
- McCain crust-and-filling snacks: 2 wds.



- Aahs cohorts
- Heaps
- Dirt
- Signs
- Warmth
- Fundy __
- Adventures (Shubenacadie River tour provider in Nova Scotia)
- Rigatoni

- __-encompassing
- Brings to life a ballad
- Signs
- Record
- "See ya."
- Carpentry grooves
- Cup, in Montreal

DOWN

- Fallen tomato's sound
- Summery fruit
- More frigid
- Arnold's server on "Happy Days"
- Conclusion
- Ornamental pond fish, Golden __

- Vintage autos
- City in Leonard Cohen's "First We Take Manhattan"
- Mount in Nunavut sharing the name of The Aesir's home in Norse mythology
- Agnus __ (Mass prayer)

- Bungled
- Family member
- __ protein powder
- Joan of "Knots Landing": 2 wds.
- Vancouver-headquartered communications company
- Cashew
- Police alert, commonly
- Before
- Caper
- Prefix to 'normal'
- Super nasty
- Break
- Footprint
- Prefix to 'copter'
- Tucson's li'l state
- Corn oil brand
- "Tut-tut!"
- Thorny rose parts
- Brazil: __ Louis
- Pou __ (Vantage point)
- Fear of something
- Donny or Marie
- "CBC News Now" host Ms. Meharhand
- Tree abodes
- Fig's friends
- Gawk
- Wild guess
- Slick
- Laze
- Thus
- Loch __ Monster
- John Lennon's unintended acronym
- Arfer, for one

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
No matter how far out your ideas you can find ways to make them work. It is sometimes said that everyone with a new idea is considered a crank, until the idea works. Your critics will soon be calling you a genius!

Taurus April 21 - May 21
If you take a chance today you could hit the jackpot. There are no guarantees but the planets promise if you have done your homework and planned things carefully you could easily be a winner.

Gemini May 22 - June 21
If you did not do something remarkable yesterday you will certainly do something remarkable today. Even if you are one of life's rare shy and retiring Geminis you will find ways to show the world what you can do.

Cancer June 22 - July 23
If you are the kind of Cancer who hates to see injustice then now is the time to do something about it. There are so many good causes out there and all of them crying out for people with your brand of compassion.

Leo July 24 - Aug. 23
The speed of your actions will take everyone by surprise. If a friend is in some kind of trouble you will go out of your way to help them, then a little bit further to take care of the source of the problem too.

Virgo Aug. 24 - Sept. 23
Many things are changing and you will have to adapt quickly if you want to stay one step ahead of your rivals. One day you will look back and give thanks that you were forced to move in a new direction.

Libra Sept. 24 - Oct. 23
You may have good reasons for wanting to keep information from certain individuals but it's unlikely the planets will let you. Once they know what you do, your the advantage will be gone but you're still better than they are.

Scorpio Oct. 24 - Nov. 22
You may find it very difficult to stay in control of your emotions today, but why would you want to? Sometimes it's good to let everything out, especially if you have been storing up negative feelings.

Sagittarius Nov. 23 - Dec. 21
Something rather shocking is likely to happen today. In a few days time you will realize you should have seen it coming. Be that as it may you are flexible enough to adapt and survive. You may even thrive.

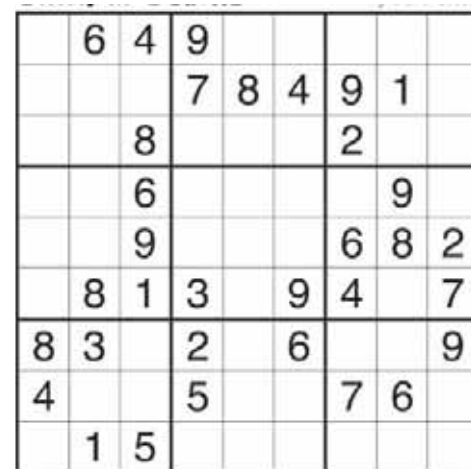
Capricorn Dec. 22 - Jan. 20
Decide what needs to be done, then get on and do it. While your rivals are wasting time arguing about this and that you will be out there in the real world making things happen.

Aquarius Jan. 21 - Feb. 19
Following on from yesterday's new moon you will be in a highly creative mood and whatever you work on over the next 24 hours will bring you a great deal of joy and success. Follow your dream wherever it takes you.

Pisces Feb. 20 - March 20
A friend or relative will surprise everyone by what they do today and emotions are likely to be running high as a result. You though must remain calm and not let your own biases affect your judgment. It's not a matter of life or death.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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